

Dharma Ridge Farm

CSA Newsletter

Week 18

October 8, 2008

*celery*Yukon gold potatoes*carrots*sweet onions*garlic*radishes*spinach*kale*lettuce*green pepper*Tomatoes*

Hi from the farm!

Brrrrrr! It is a chilly morning out here, and we are moving a bit slow as we prepare to go out and pack your boxes. It is now the last few weeks of the CSA with October 22nd being your last pick up day, We are offering winter storage shares to get you through the holiday season and into the winter, they are \$65.00 and will be available for pick up on November 22nd just in time for the Thanksgiving holiday. I am enclosing a signup sheet if you are interested in purchasing one.

Many of you may have noticed the typo in your last newsletter, and you will happily find 2 pounds of tomatoes in your box this week. Celery is making another appearance and although the stalks are a bit small you will find the green leafy tops to be very tasty and useful in soups and salads. This is the time of year when I was hoping to load you up on beautiful winter squash and as some of you know we had a very bad season for our squash, with a frost in June and another in August, causing the squash to struggle and never mature. We do have a few nice pie pumpkins and you can look forward to at least one. There are some other local farms with better luck than we had and you can purchase your winter squash from them, Wildwood Farm and Serendipity Farm to name a few. You win some and you lose some.

We have been making a lot of salsa here on the farm, savoring the tomatoes while we still have them. I don't use a recipe but simply chop up whatever I have, tomatoes, onion, lots of garlic, peppers, salt, lemon or lime juice and a few splashes of apple cider vinegar. Cabbage is delicious shredded into salsa and as much cilantro as you can get a hold of. I am including two soup recipes both from the cookbook: Nourishing Traditions by Sally Fallon, she is a very big fan of homemade stock, preferably made with bones but for the vegetarians a nice vegetable stock can be made by simmering all of your weekly veggie scraps on low heat for a number of hours. A homemade stock can take your soup to the next level in flavor and nutrition. If you don't have the time to make stock at home there are some nice organic packaged ones available at the grocery store. Enjoy!!!!!!

Minestrone serves 6

2 Quarts high quality beef, chicken or veggie stock

1 clove garlic, peeled and mashed

2 cups kidney beans

1 cup buckwheat or brown rice pasta, broken into bits

2 carrots, chopped

2 tomatoes, peeled and chopped
1 cup fresh spinach or chard, finely chopped
Sea salt
Fresh grated parmesan cheese for garnish

This hearty soup is a meal in itself. As always, the secret is in the richness of the stock. To peel tomatoes plunge them into boiling water for 5 seconds and they should peel easily. Bring stock to a boil and skim. Add garlic, beans, pasta, carrots, tomatoes and spinach or chard and simmer about 10 minutes. Season to taste and garnish with cheese.

Carrot Soup Serves 6

2 medium onions, peeled and chopped
1 pound carrots, peeled and sliced
4 Tablespoons butter
2 teaspoons curry powder
1 ½ quarts chicken or veggie stock
½ teaspoons freshly grated lemon rind
½ teaspoons grated ginger
Sea salt and pepper
Crème fraiche for garnish

Sauté' onions and carrots very gently in butter about 45 minutes or until tender. Add curry powder and stir around until well amalgamated. Add stock, bring to a boil and skim. Add lemon rind and ginger. Simmer, covered, about 15 minutes. Puree' soup with a handheld blender. Season to taste. Ladle into heated bowls and serve with cultured cream.

Dharma Ridge Farm Winter Storage



Share!!!!

Stock up on certified organic vegetables for the holiday season and the cold weather ahead! Available alltogether for a one time pick up on Saturday, November 22nd at the Farmers market or at the farm in chimacum From 9:30-1:30. The cost is \$65.00

Share contains:

5 # Yellow storage onions

4# red storage onions

2 # German white garlic

2 # shallots

15# mixed potatoes

5# storage carrots

3# parsnips

2# Brussels sprouts

Fill out and detach the form below and send along with your payment to: Dharma Ridge Farm, 552 Embury Rd. Port Ludlow, Wa 98365

*Payment is due by

November 19th

Name

Phone number

Email

Preferred Pick up site (PT Farmers market or at the farm)

Available for pick up November 1st at the Farmers Market or at the

